Daily Word

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MARCH 1947

Class Thoughts

PEACE . . . In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are unified in thought and purpose for the good of all humanity.

•

FEB. 20 to MAR. 19

ILLUMINATION (11 a. m.): Thy never-failing light illumines my mind, and I see the Truth.

•

PROSPERITY (12 noon): Divine love is the magnet that draws my good to me, and my prosperity is assured.

•

HEALING (9 p. m.): My heart overflows with Thy health-giving love, and I am made whole.

MAR. 20 to APR. 19

ILLUMINATION (11 a. m.): I claim the true light that lights everyone who comes into the understanding of Truth.

•

PROSPERITY (12 noon): The riches of the Christ mind are showered upon me, and I am abundantly supplied.

•

HEALING (9 p. m.): The redeeming word of Jesus Christ, "I am the resurrection, and the life," now restores me to health.

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DAILY WORD

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You Have the Father's Approval

RALPH RHEA

WHEN I was a child some of the most joyous times of my life were when I had my father's approval. After the construction of a wagon or a sled or some other object that pleased my childish fancy, if my father would view the crudely finished product and say, "Well, Son, you did a good job," my pride seemed to swell until it would almost burst inside me.

Later on in life I was to learn that it is imperative also to realize that we have the approval of our heavenly Father. I remember a time when I was facing problems that were very serious. At least they seemed so to me. I was worried and extremely anxious about the outcome of several things coming to pass in my life and affairs for which there seemed to be no solution. I was walking around the golf course and I suppose, though I didn't realize it, I was praying. Suddenly the thought came to me that God loved me. I spoke

the words aloud, "God loves me." I could feel a thrill throughout my whole being, and it seemed that all my troubles were lifted from my shoulders. My affairs had not as yet changed, but the work had been accomplished within, and I immediately set about putting my life and affairs in order, and the problems vanished as though they had not existed. This simple realization of God's love worked wonders for me. It cleared my mind of fear and worry and opened the way for the solution of my problems.

Today in every walk of life people have a vital need for a greater realization of God's love. Most of the countless problems that afflict the human family could be solved through a greater understanding of love.

As we look to the teachings of Jesus Christ we see the idea of forgiving love as the keynote. Throughout all the words of Jesus Christ there is this ringing cry for men to know and understand the extent to which God loves and forgives.

The picture of God as a stern and angry judge is dissolved and in its place we are given a picture of a God who knows and understands, who loves and forgives sinners and saints alike. Each individual must come to the realization of what this means to him.

It is literally true that most of us do a very poor

job of loving ourselves or forgiving ourselves. Most persons go through a whole lifetime flailing themselves with the whip of conscience for some real or fancied mistake that they feel they have committed in the past. This feeling of guilt for past mistakes or failures manifests itself as irrational anxieties or misplaced fears. It sometimes causes physical illness and almost always prevents people from realizing the joy and happiness in life that is their rightful heritage. Many times the feeling of guilt is buried so deep that the individual is scarcely aware of its existence.

If we would have radiant health, if we would have perfect harmony in our affairs, if we would express the wisdom and energy that attract bountiful good into our life, we must learn to forgive ourselves and to love ourselves.

True love of self has nothing to do with conceit or egotism. We should love ourselves because of our God-given talents. We should love ourselves because we are doing our best to be good people and to express love toward others. Such a love will never lead us into self-conceit.

For many persons, after long years of fostering a sense of guilt, the idea of self-love or self-approval would indeed be such a revolutionary thing that it would transform their life.

We should realize that past mistakes were the

proving ground for future triumphs. The past has no power over us except as we give it power. Today is the accepted time. We cannot pray for God to forgive us if we have not yet learned to forgive ourselves.

Do you desire to express perfect health? Do you desire more abundant prosperity? Do you desire peace of mind? Do you desire a feeling of joy and happiness? All these things can come to you if you learn to understand yourself better and to free yourself from the limitations of the past.

Let me give you a formula. For one month take the thought "God loves me and approves of what I do." Repeat it every day. If you have a feeling of anxiety repeat the thought. Turn it over in your mind and try to catch a glimpse of its true meaning. If you need healing, realize that radiant health is God's will for you and that you have His approval in praying for it. Spend some time each day in speaking words of love and forgiveness for yourself.

"God loves me and approves of what I do." Make this a part of your thinking each day. Take it into your inner self and realize that you have God's approval.

The forgiving love of Jesus Christ is a powerful force that can adjust any human problem. You have access to it! Take it! Use it!

Freedom

JOHN E. MANOLA

I am free!

No power in earth to limit me,

No walls to shut out from my eyes

The glory of eternal skies!

No time, no death, no climbing

years,

No hate, no greed, no binding

fears,

No boundaries surrounding me—

I am free!

"I thank whatever gods may be
For my unconquerable soul."

YOU CAN *Choose Your Fate*

MARTHA SMOCK

AM I the "master of my fate"? Am I the "captain of my soul"? Many times we may wonder to what extent we are in control of our life, especially when we are faced with problems that do not seem to be of our making, surrounded by circumstances about which we seem to have no say.

There have been persons who surmounted every conceivable obstacle—heredity, environment, lack of education, physical handicaps. But for every such person there are thousands who succumb to failure and frustration and misery. Why? What is the difference between them and the overcomers?

Thoreau said, "What a man thinks of himself, that determines, or rather indicates, his fate."

The most important message of Christianity is that we are to put on the new man, that we are to be renewed in the spirit of our mind. The most important service of Truth is to tell us how we are to do this.

Until we recognize ourselves as children of God,

there seem to be two selves battling for supremacy in us. Sometimes one is much stronger than the other, sometimes they seem almost to battle on equal terms. We have heard about the war in heaven—well, this is it—this continual inner struggle for supremacy between the lesser and the higher self. A modern psychologist has described it as the struggle in man of love against hate.

What Truth teaches us is that there is no division in Spirit, that we are a spiritual being, that the divine self of us is the only real self, that when we cease to struggle against what we have thought of as evil in us and change our thought about ourself, we begin to give expression to the great God powers that are in us.

Truth teaches that the "Christ in you, the hope of glory," is your real self, the "mystery which hath been hid for ages and generations." When you recognize this Christ in you, you begin to put on the new man, you begin to become an integrated individual rather than a soul struggling against himself, you begin to realize the hope of glory.

Many times we hear the fall of man blamed on the free will that God gave him. It is true that man has freedom to choose, but it seems to me that his failures are not from choice but usually from lack of choice. That is, he does not understand himself, he does not take a stand in himself,

he is easily overwhelmed by the events and circumstances that life presents.

"Choose you this day whom ye will serve" does not call for a weak answer. It calls for a strong one. It calls for a clear mind, and the ability to make a choice. Those who do not choose drift aimlessly until they learn, as children with wise parents learn, that the choice is theirs and they must make it.

"Ye did not choose me, but I chose you." This is what Jesus said to His disciples. This is what our soul says to the circumstances and problems of our life. From a human standpoint we may not see why our life is as it is, why we have the particular mountains to scale or valleys to pass through, but in ways that we do not understand the experiences of our life belong to us because of what we are and what we have been from the dawn of creation until now. What our soul has chosen unconsciously is not beyond our conscious handling. The student who chooses a difficult subject to master knows that even though he approaches the new and unknown he does not approach it unprepared. So we do not approach anything in life unprepared spiritually. When we know this we become strong and are certain that we are the master of our fate through faith.

Many of us may feel that no great choices are

presented to us, that our life runs along in fairly routine channels. But the most routine life is a miracle of fulfillment to the one who possesses his soul, who chooses the way of love and peace, who believes in God and in himself as a child of God.

It may not seem like an important choice when we hold back the critical or nagging word, but it may be one of the most important choices of our life, for it may be the act that tips the scales of our heart in favor of love, and forever afterward we find it easier to be loving and considerate.

It may not seem important to choose to trust in God when fear peers around some forgotten corner of our mind. But it may be one of the most important choices of our life, for it may be the turning point in our journey from fear to faith.

Day by day, usually in little ways, we are choosing the good part over the lesser; we are determining the extent of our happiness. We cannot determine the future pattern of our life; that is, we cannot say, "I will be in a certain place ten or twenty years from now; I will be doing a certain thing," but we can determine today's pattern by the kind of thoughts we think, and at the same time lay the foundation for future happiness.

I may not be able to change many things in the outer, but this is relatively unimportant. I

can change my thinking about myself and the conditions of my life. I can change my thinking so that outer things do not control me or determine my happiness.

We need to believe and to act as though we have the power to decide what our life shall be, happy or unhappy, successful or unsuccessful, full or futile. We do not understand the ultimate, the infinite. We do understand, in part at least, the human, the finite. We can begin where we are to work with everyday circumstances. The question is not where we shall arrive in the outer, but how we shall speed our inner progress. Our outer life will be more than satisfactory when we are at peace within.

It is no false cry that we hear when something in us says,

> "I am the master of my fate:
> I am the captain of my soul."

It is the voice of the Christ self in us, the triumphant spirit speaking.

I am the way, and the truth, and the life . . . Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works *than these shall he do . . . And whatsoever ye shall ask in my name, that will I do.*

Light

R. H. GRENVILLE

Praise God for the light of morning on far hills,
For rainy pools brimmed with elusive gold,
And for the gleam, o'er night's dark altar cloth,
Of starry tapers burning from of old!

Praise God for lanterns swung against the storm
And lamps still-burning through the anxious night;
For warning beacons on the lonely shore
And distant windows lit with friendly light.

For flares of crocus and the poppies' fire
In lonely meadows, where few men have trod;
And for that light which lighteth every man
Great praise and humble thanks to Thee, O God!

Saturday

LOVINGLY IN THE HANDS OF THE FATHER I PLACE MYSELF, MY LOVED ONES, AND MY AFFAIRS.

QUIETLY I rest in this thought: "Lovingly in the hands of the Father." I place myself in His loving care, knowing that He loves me and approves of me. I am not bound by care or burden. I am not alone. I am free, for He is my strength and help in every need. I am His child, and I rest lovingly in His protection and rely on His guidance.

"Lovingly in the hands of the Father I place my loved ones." With relief and confidence I let go of all worry or anxious thought about my loved ones as I place them and all their needs lovingly in His hands. He is closer to them than I, and He knows just what to do for them. So I place them in His protection, knowing that wherever they are God is.

"Lovingly in the hands of the Father I place my affairs." Confidently I relax and know that my need of home, work, companionship, and supply rests with Him. His love and His power bring my own to me.

♣ *Show thy marvellous lovingkindness.*—PSALMS 17:7.

Sunday

I AM GUIDED BY GOD'S WISDOM AND HIS LOVE, AND I WALK IN PATHS OF PEACE AND HAPPINESS.

IN THE high fastness of my thoughts I commune with God, and I am guided by His wisdom and His love.

In my everyday affairs I "walk in the name of Jehovah our God." I make of myself a constant channel of His good. Infinite is His patience and His love, and with all who walk beside me I seek to share this infinite patience and love.

He has commanded me to love my neighbor, and I seek daily to fulfill this command. With His love and His understanding in my heart, I find no room for the twisted thoughts of prejudice or the bareness of misunderstanding.

I establish in my daily affairs the rhythm of peace. As I walk to this rhythm I find my life expressing the smoothness of love rather than the distortion of hate; I find myself going forward to the marching music of universal good rather than being retarded by the dissonance of selfishness.

♠ *We will walk in the name of Jehovah our God for ever and ever.*—MICAH 4:5.

Monday

I CONTINUALLY TURN TO GOD FOR LIGHT AND WISDOM, AND HE GUIDES EACH STEP OF MY WAY.

EACH day brings new decisions to make, new problems to solve. There is no decision so great, no problem so difficult that He cannot reveal just the right steps to take quickly and easily. The understanding that God's intelligence and wisdom are always available brings great peace and confidence.

Turn to God continually for counsel and guidance, and put your whole trust in Him. If you have been anxious or troubled about some situation, release the anxious thoughts and rely on His light and understanding to lead you in the way that you should go.

The light of God will dispel all darkness and confusion and illumine your path. The wisdom of God will quicken your mind and make clear your way before you. Where before you were uncertain and doubtful, you will now be serene and confident that each decision you make is the right one.

♣ *While ye have the light, believe on the light.*—JOHN 12:36.

Tuesday

I ACKNOWLEDGE GOD AS THE SOURCE OF MY SUPPLY, AND MY EVERY NEED IS RICHLY MET.

WHEN you realize and acknowledge that God is the one true source of your supply, all thoughts of fear and lack disappear from your mind. If one channel through which your supply has come to you is closed, you need not become fearful and panicky and feel that your security is threatened. Instead you can turn in poise and confidence to God, the one source, and affirm that new channels are opened to you for even greater good.

God never fails. No matter what conditions in the world may appear to be, His rich storehouse is never diminished and His abundant substance is available to all who turn to Him in trust and faith. Working with the law of supply, refusing to acknowledge lack whatever the outer appearances are, and steadfastly looking to Him, you can be sure that every need will be met.

His supply includes the right home, the right place of service, the right buyer for property, and order and harmony in every detail of human affairs.

♣ *Jehovah is my shepherd; I shall not want.*—PSALMS 23:1.

Wednesday

I KEEP THE SPIRIT OF LOVE BY BEING LOVING IN EVERY SITUATION.

THE LOVE that we long for is to be experienced here and now, not in some future time when all people will be thoughtful and considerate, when all people will understand one another, when all people will act only from their highest impulses.

The fact that all people are not perfect does not limit the love of God. The fact that some of the persons who make up our individual world are hard to get along with should not limit our expression of love. It is easy to be loving when everything goes to our liking, but it is blessed to be loving in the midst of inharmony, to be loving in our thought about a quarrelsome or faultfinding relative or co-worker.

When we keep the spirit of love in ourselves, we help to keep the spirit of love active in the place where we are, in the person we are with. We help to ease tensions, to minimize differences of opinion; we help to create happy feelings, to strengthen the bonds of unity between us and our fellow men.

♣ *Love your enemies.*—MATT. 5:44.

Thursday

EVERY DEPARTMENT OF MY LIFE IS DIVINELY ADJUSTED THROUGH THE TRANSFORMING POWER OF CHRIST IN ME.

CHRIST is the normalizing, harmonizing activity of God within every atom of your being. If there is any inharmonious condition, or anything at all to which you find it difficult to adjust yourself, take heart, for Christ in you is your sure and immediate help.

Is there a new job or task to which you are not yet accustomed? Christ is preparing the way. Let Him work through your hands. Let His alert efficiency express through your brain. All is well.

Are you out of tune with persons or with your surroundings? Look through the eyes of Christ. Recognize His intelligent activity in everything about you. Everything is working for your good, and He loves you through all.

Are there undesirable habits or emotions that need His healing touch? His love is freeing you now. The constructive habits of Christ are at work in you now. The perfect emotions of Christ are being expressed through you. Now you are whole, praise God, you are whole!

♣ *And the crooked shall become straight.*—LUKE 3:5.

I YIELD MYSELF UNTO GOD FOR HIS HEALING.

I KNOW that God is the source of my supply of energy. He gives me the strength that I need. He fills me with courage and gives me every form of needed supply. He is the great replenisher, the source of all good. I turn to Him now for His healing and His blessing.

When health is a problem, the first great need is relaxation. To relax in God's love brings surcease from pain; it brings an immediate warmth that is healing. In finding rest in Him I find energy and vitality, the strength and courage to abide by His will for me.

In yielding to God I immediately give up all thoughts that are fearful, painful, for as I turn to Him in faith I am filled at once with His great love and courage, and I know that I am already healed.

In seeking healing I know that I must yield myself entirely to God in order to receive His blessing. In confidence I find my strength; in faith I know His love, and I am healed.

♣ *Yield yourselves unto Jehovah, and enter into his sanctuary.*—II CHRON. 30:8.

THIS DAY I PLACE MY MIND, BODY, AND AFFAIRS IN THE FREEING, HEALING, HARMONIZING CARE OF GOD, MY FATHER.

I PLACE my mind in God's freeing care. I relinquish all thoughts of fear, discouragement, and unhappiness and let His ideas of peace, indomitable faith, and compassionate understanding suffuse me. I no longer use my mind as a battleground for resistance, contention, and unending struggle. I bless my brain cells, praising them for the efficient service that they render. I increase my mental capabilities by letting God think His thoughts through me.

I place my body in God's healing care. I realize that His healing love breathes through me, His purifying life flows through me, His radiant light clothes me round about. His intelligent activity directs all the functions of my body.

I place all my affairs—my business, my home, my human relations, all my activities—in God's harmonizing care. He is in absolute control of everything. I let Him work through me, love through me, and make perfect adjustments through me.

♣ *Into thy hands I commend my Spirit.*—LUKE 23:46.

Sunday

MY SOUL DOTH MAGNIFY THE LORD.

WHEN life seems difficult it is good to remember the words of Mary: "My soul doth magnify the Lord." It is good to keep the mind fixed on God and His unfailing love. It is well to remember that His light is guiding us, however dark the path may be.

This is the attitude of mind that nurtures and promotes the growth of the Christ in the consciousness. Just as sunshine, earth, and moisture are needed for the growth of the plant, so trust and praise and understanding are needed for the growth of the soul in its journey upward.

"My soul doth magnify the Lord." All that happens in my life makes for ultimate good.

I may not see the end of the way, but I trust the Lord.

I may not fully understand the plan, but "my soul doth magnify the Lord."

I am filled with the realization of the goodness of God. I am lifted out of doubt into the kingdom of peace and trust.

My soul doth magnify the Lord,
And my spirit hath rejoiced in God my Saviour.
—LUKE 1:46.

Monday

I AM A RADIATING CENTER OF CHRIST LOVE AND UNDERSTANDING, AND I BLESS EVERYONE I CONTACT.

WITHIN each one of us is a desire to be truly helpful to others, our families and loved ones, our friends, and everyone we contact in our daily living. This desire is the Christ love within us seeking expression and reaching out to bless. By opening our mind and heart to this spirit of love and understanding we can become radiating centers of blessing to all.

In order to help another we must release all thought of anxiety and personal concern for him and place our trust in the Christ Spirit within him to lead him in the way of his highest good. By looking past all appearances of limitation and seeing his innate perfection, we call into expression his true self.

As we are loving and understanding of another's problems, as we see the real desire in his heart for happiness and satisfaction that motivates his actions, we release all critical thoughts about him.

By our clear vision we strengthen him in his expression of his divine self.

♣ *Be thou a blessing.*—GEN. 12:2.

Tuesday

THROUGH THE EVER-RENEWING PRESENCE OF CHRIST I AM ETERNALLY YOUNG IN MIND AND BODY.

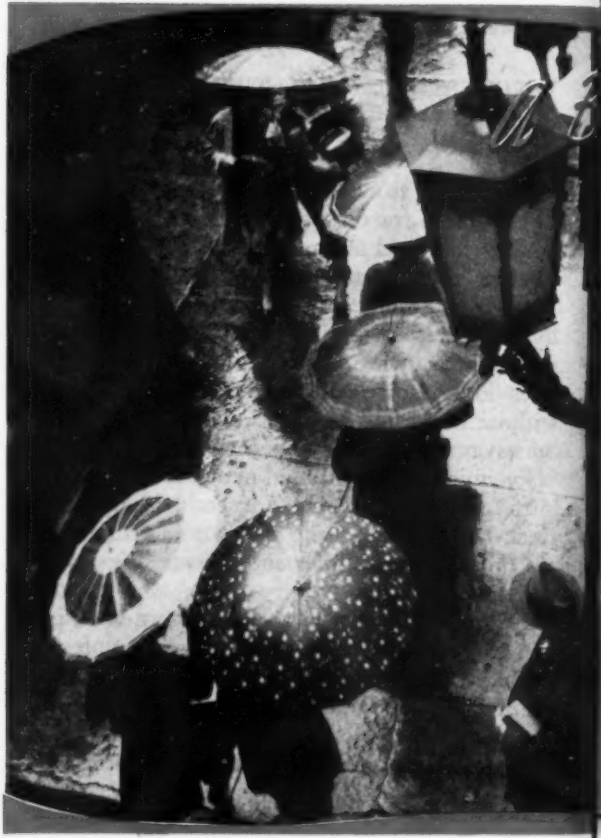
YOUTH IS not a temporary condition that exists for only a few short years between childhood and maturity. It is not a fleeting joy that all of us must inevitably relinquish.

It makes no difference how many years we have lived on this earth. It makes no difference how many birthdays we have celebrated. The life that lives in us and animates our being is eternal, without beginning or end, and when we identify ourselves with it we experience its ageless vitality.

Every moment is a brand-new beginning, a new birth, a new opportunity, and each ticking of the clock but announces the glorious fact that there are limitless possibilities and potentialities within you now.

Now, this moment, you are a joyous, vital, perfect child of God. His omnipresent ever-present, life not only renews every cell, tissue, bone, and fiber of your body but also renews every thought and belief in your consciousness. Love transforms hate. Joy transforms regret. Life transforms age.

♣ *Before Abraham was born, I AM.*—JOHN 8:58.



Beauty on the Land

JAMES DILLET FREEMAN

There lies a beauty on the land;
But it is hard to understand
What is the glory in the sky
And on the stranger passing by.
The small sun does not rise or set;
The pavement glistens onyx-wet;
The little lights shine here and there;
A winter damp is in the air.
Yet all the gray familiar places,
All the streets and all the faces,
Wear a look of faraway.
It is an ordinary day,
Yet everywhere I look I find
A beauty that I passed by blind
An hour ago. Sometimes I think
We spend our life on beauty's brink,
And never open up our eyes
To see how warm, how close it lies!

AS I FOLLOW THE PROMPTING OF THE SPIRIT OF GOD IN MY SOUL, I AM HAPPY AND AT PEACE.

EACH person should think of himself as a special creation and realize that his primary purpose is to unfold spiritually.

Each soul is individual in its needs and in its expression. No one can be happy trying to conform to a pattern not his own. Nor can he be happy comparing his life and his accomplishments with those of others. Each soul takes the road in life that will provide the experience and knowledge necessary to it. Each soul has its own special gifts and it must contribute these gifts to life in order to be at peace and to fulfill itself.

There is no greater satisfaction than that which is gained from knowing oneself and discovering the wonders in oneself. Anyone who can do this is never again fearful of the opinions of others or fearful that he will not have what he needs for happiness. He knows that as he fulfills his own soul nature all the outer conditions he needs for happiness will gather about him.

♣ *Let your soul delight itself . . . incline your ear and come unto me.*—ISA. 55:2.

Thursday

I DO AND SAY THE THINGS THAT CREATE JUSTICE.

IF I have a feeling of being unjustly treated, I need to know that there is justice for me. Other persons may seem to treat me unjustly, but no one can keep my own from me, no one can stand between me and my good.

How shall I meet injustice? I shall meet it with faith in God's unfailing law of good. I shall know that justice is a reality, that injustice is a misconception of the divine law of good. I shall keep my thoughts stayed on the law of good, and my belief in injustice will disappear. My affairs will feel the blessing of my faith.

I shall remember always that my own comes to me from God. I shall remember too that all persons have a right to the goodness and the blessings of God. I shall be as just in my thought toward other persons as I want them to be in their thought toward me.

I welcome justice. I court justice. I do and say the things that create justice. I am peaceful, I am patient, I am kind, I am tolerant, I am just.

♣ *Keep kindness and justice, and wait for thy God continually.*—Hos. 12:6.

I AM UNAFRAID, FOR I KNOW THAT CHRIST IN THE MIDST OF ME IS MY LIFE, MY PROTECTION, AND MY SELF-ASSURANCE.

I AM unafraid, for I know that Christ is my life. My body is His holy dwelling place, and His healing presence is purifying, renewing, and harmonizing me in every part. His loving watchfulness ever leads me into paths of more abundant life, health, and vitality, and all is well. He tells me to be very still and know that He is breathing radiant life and health through every cell of my body.

I am unafraid, for I know that Christ is my protection. His transforming presence is within and all about me. He is the path beneath my feet, the light that guides my way, the peace that fills me full. I live in His presence, and His presence lives in me.

I am unafraid, for I know that Christ is my self-assurance. He thinks through me. He speaks through me. He moves through me. His serene, poised, joyful Spirit glows continually in and through me, and all I am called upon to do He blesses and makes perfect.

♣ *Fear not, for I am with thee.*—GEN. 26:24.

Saturday

I HAVE UNSHAKABLE FAITH IN THE PERFECT OUTCOME OF EVERY SITUATION IN MY LIFE, FOR I KNOW THAT GOD IS IN ABSOLUTE CONTROL.

IS THERE a seeming problem in your life, dear friend, that is causing you much concern? Have all your efforts and prayers met with little or no response? Do not be discouraged and do not be afraid, for God loves you, and He is taking care of everything. God is in complete charge of your life, and God is good. His mighty transforming power is surging through your entire being, stilling your mind, harmonizing your soul, healing your body, and adjusting all your affairs. Believe this! Anchor your trust deep in the realization that with God all things are immediately possible and never doubt it for a single moment.

Know yourself to be a spiritual being, endowed with the limitless and all-powerful attributes of Jesus Christ. God's wisdom is guiding you to the perfect solution. His strength is enabling you to perform your tasks victoriously. His joy is lightening your heart with expectancy. His courage is firing you with persistence.

• *I am with thee to deliver thee.*—JER. 1:8.

I BEGIN THIS DAY WITH GOD, AND HE GUIDES ME THROUGH ALL ITS HOURS.

THIS IS a day that can be fashioned into worthiness, beauty, and nobility. I consecrate its first hours to God and know that the day in its entirety will be blessed with His goodness.

In my awakening thoughts I turn to Him and receive His abundance of strength, wisdom, patience, and love.

If there is a problem for me to solve, I do not devote the day to it. Rather I devote the day to God, and He gives me the strength and the wisdom to solve the problem.

I do not bring unto this new day the mistakes of yesterday, for today is a new beginning, an opportunity to go forward with God. He has blessed me with the rest and renewal of the night. I know that His forgiving love has set me free. I am filled with new courage as I begin this day with God, knowing that He will guide me through all its hours.

Unto thee, O Jehovah, do I lift up my soul.
O my God, in thee have I trusted.
—PSALMS 25:2.

Monday

I ESTABLISH MYSELF TODAY IN—

The power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me,
The ear of God to hear me,
The word of God to speak for me,
The hand of God to protect me,
The way of God to lie before me,
The shield of God to shelter me,
The host of God to defend me,
Christ with me, Christ before me,
Christ behind me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right, Christ at my left,
Christ in breadth, Christ in length, Christ in height,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every man who speaks to me,
Christ in the eye of every man who sees me,
Christ in the ear of every man who hears me.

—*Prayer of Saint Patrick.*

♣ *Christ in you, the hope of glory; whom we proclaim.* —COL. 1:27.

QUIETLY I TURN TO GOD AND FIND MY STRENGTH IN HIM.

WHEN THE peaceful rhythm of my life seems disturbed, I turn quietly to God and find my strength in Him.

When there are obstacles to be met I find it wise to take time to be still, and in this quiet time I find God's strength, His love, His accurate guidance.

In turning to Him I find peace, I feel refreshed and able to meet the challenge before me. Sustained and encouraged by His direction, I go forward filled with His wisdom and His understanding.

I need never feel crowded or overwhelmed by fear, for in turning to God I feel His love dissipating all fear. I feel warmed and encouraged by His strength. I feel wise in His knowledge and counsel.

My trust is in God. My faith is constantly in Him. He is my guide, my strength, my help in every need.

Jehovah is my rock, and my fortress, and my deliverer; My God, my rock, in whom I will take refuge.
—PSALMS 18:2.

I AM COMFORTED AND SUSTAINED BY GOD'S LOVE.

IF CHANGES come I shall stand strong in my faith. I shall keep my heart quiet so that I can hear the voice of God speaking within me, assuring me that all is well, assuring me that behind all and over all is the presence of His never-failing love. I shall know with all my heart, even though I may not be able to reason out the whys and wherefores, that there is no loss, no defeat, no futility in God. I shall know that somehow, in some way, there is fulfillment for every heart, there is an answer to every prayer, there is a good purpose to be served in every experience.

I shall not try to fathom the things that I cannot presently understand. I shall be comforted by my faith. I shall not grieve about the things that I seem unable to change. I shall turn from sorrow to the needs of the day, to the persons and the things that wait for my love, my interest, and my blessing. I shall be at home in my heart to God's love, and I shall find comfort and peace and courage.

✤ *Blessed are they that mourn: for they shall be comforted.*—MATT. 5:4.

Thursday

MARCH 20

I CLAIM THE TRUE LIGHT THAT LIGHTS EVERYONE WHO COMES INTO THE UNDERSTANDING OF TRUTH.—UNITY CLASS THOUGHT.

"THERE WAS the true light, *even the light* which lighteth every man, coming into the world. . . . As many as received him, to them gave he the right to become children of God." "I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life."

A practical interpretation of this mystical truth is that God has given unto every man divine light or illumination to which he has access continually. As he seeks the light and claims it for his own, he is made wise with divine wisdom, and perceives that he is a divine being, a child of the Eternal full of grace and truth.

To everyone of us is given great power to overcome and to achieve, but in order to use this power wisely and well we need the wisdom that is ours from above, the light of Christ. Let us now claim this light, that we may prove ourselves true children of our Father, invincible, triumphant!

♣ *There was the true light . . . which lighteth every man, coming into the world.*—JOHN 1:9.

Friday

THE RICHES OF THE CHRIST MIND ARE SHOWERED UPON ME, AND I AM ABUNDANTLY SUPPLIED.—UNITY CLASS THOUGHT.

THE INFINITE riches of the Christ mind are symbolically portrayed in the scriptural accounts of the miracles of Jesus that relate to supply, namely the wedding feast at Cana, the feeding of the five thousand, the feeding of the four thousand, and the gold in the fish's mouth. Only an individual who could see with his spiritual eye the infinite riches of Spirit could envision such remarkable manifestations of food, drink, and supply and through the power of his faith actually cause them to become manifest.

We are not called upon to turn water into wine or to feed a great many hungry persons, but whenever we have a problem of supply the same means that Jesus used to perform His miracles is available to us. First we behold in Spirit the infinite supply of God's substance. Then we give thanks, we lay hold of it with our faith, and call it forth into manifestation. The riches of the Christ mind are showered upon us in abundant measure.

✱ *Whatsoever he [the Christ] saith unto you, do it.* —JOHN 2:5.

Saturday

MARCH 22

THE REDEEMING WORD OF JESUS CHRIST, "I AM THE RESURRECTION, AND THE LIFE," NOW RESTORES ME TO HEALTH.—UNITY CLASS THOUGHT.

THE WORDS spoken to His disciples by Jesus the Christ are words that gladden and encourage us today, for they were spoken not only to a few humble men who followed Him during His ministry but to all men for all time. The eternal truths of Being that Jesus voiced are still our guide as we seek to live as He directed us.

Over and over Jesus taught life in forthright terms. In the 10th chapter of John it is recorded that He said: "I came that they may have life, and may have *it* abundantly. I am the good shepherd . . . My sheep hear my voice, and I know them, and they follow me: and I give unto them eternal life; and they shall never perish . . . I and the Father are one." He further declared, "I am the resurrection, and the life," and proved the truth of His words by raising the dead Lazarus.

Hearken now, this moment, to the living words of Jesus as He speaks them to you: "I am the resurrection, and the life."

♣ *In him was life.*—JOHN 1:4.

Sunday

THE SPIRIT OF GOD WITHIN ME INSPIRES ME WITH NEW VISION AND UNLIMITED FAITH.

THERE IS a realm of thought that is referred to as spiritual. Some call it "revelation," others call it "divine inspiration." It is the realm of thought that goes beyond the restrictions and limitations of human concepts and perceives that health is the true state of being, that every person is meant to be happy and contented and free. It is spiritual thought that transforms the body, quickens the mind, and reveals the Truth. It is spiritual thought that enables a person to adjust himself to the circumstances of life and to bless himself and everyone around him with faith, courage, and joy.

We ascend to the realm of spiritual thought through quiet, relaxed prayer and meditation. We sustain ourselves in a spiritual consciousness through the persistent practice of the ideas that are revealed there. When we think spiritually our every thought and action is motivated by love and a generous spirit, and our every attitude is founded on faith in the goodness of God.

♣ *There is nothing covered, that shall not be revealed; and hid, that shall not be known.*—MATT. 10:26.

Monday

MARCH 24

I AM FREE IN MIND, SOUL, AND BODY.

YOU CAN be free in mind, soul, and body! Someone has said that freedom comes from self-knowledge, self-reverence, and self-control.

Self-knowledge is more than the ability to analyze our thoughts and emotions. It is to know that we have a self that is divine, a self that is made in the image and likeness of God. To know our real self is to know the spiritual powers we possess; it is to know ourselves as capable of rising above every limiting condition.

To know ourselves spiritually creates a feeling of self-reverence in us. We cannot despise ourselves, we cannot refuse to forgive ourselves, we cannot think of ourselves as limited to the level of our human understanding when we know ourselves to be divinely created and divinely endowed.

Self-knowledge and self-reverence build self-control, for self-control is the result of inner confidence, it is the result of our understanding and use of the power that is within us.

♣ *In your faith supply virtue; and in* your *virtue knowledge; and in* your *knowledge self-control.*—II PET. 1:6.

Tuesday

I AM APPRECIATIVE OF ALL THE GOOD THAT IS BEING POURED OUT UPON ME NOW, AND AS I GIVE THANKS MY BLESSINGS INCREASE.

BLESS this day which is before you and give thanks for every blessing that is now being manifested in your life. Take time to appreciate every evidence of God's love and care that has been bestowed upon you. Let the spirit of gratitude fill your heart and increase your capacity to receive even greater blessings, for as you turn to God and express sincere appreciation for His blessings you open the way for a greater inflow of good into your life.

Many times God works through others to bring your good to you, so be generous and gracious in saying thank-you to everyone who extends a courtesy or kindness to you, knowing that as you express your appreciation to others you are expressing it to God. Cultivating a spirit of praise and thankfulness will bring rich rewards in the love and friendship of others as well as in an increased awareness of God's unending blessings.

It is a good thing to give thanks unto Jehovah.
And to sing praises unto thy name, O Most High.
—PSALMS 92:1.

Wednesday

I BEHOLD MYSELF AS I REALLY AM, MADE IN THE IMAGE OF GOD'S PERFECTION AFTER THE LIKENESS OF CHRIST.

OUR IMAGINATION is a transforming faculty by means of which our entire world may be changed anew. As the beauty of a sunset transfigures the earth with its glorious colors, so the image man holds of himself affects his life.

Each one of us can rise as high as he can see. In Christ we behold the perfect prototype to which we can attain, the outpicturing of our own potentialities, and according to the faithfulness with which we see His Spirit as the very life and intelligence of our being, will our being reveal His likeness.

Let us endeavor to create our consciousness after the beautiful pattern of His love. Let us know that we are cast in the mold of His perfection. Let us keep our inner eye of imagination ever single to His life-giving, compassionate, harmonizing presence within us, and our body shall be filled with His light and our life shall be filled with His peace.

♣ *We shall be like him; for we shall see him even as he is.*—I JOHN 3:2.

Thursday

I DO NOT RESIST CHANGE, BECAUSE I HAVE FAITH THAT GOD IS LEADING ME INTO MY GOOD.

GOD WORKING through the soul of man urges him always toward growth and expansion. When he is ready for new learning and new experience, changes come. Because of human fear and timidity man often resists change. He wants to stay in places and retain relationships that are familiar and comfortable. Sometimes he thinks of change as a failure or a catastrophe.

If our attitudes are crystallized and set, we feel strained and forced when change comes. But if we maintain flexible and forward-looking attitudes of mind and heart, we accept change as good and as an opportunity for soul growth.

Before change comes the soul is prepared to handle it courageously and triumphantly. As we have faith in our own soul capacity, realizing that there is present in the soul the fullness of God's love and intelligence to draw upon, we are at peace and are free from any feeling of strangeness or resistance. We welcome change and rejoice in our soul growth and development.

♣ *He shall grow up out of his place.*—ZECH. 6:12.

I FIND GOD'S SPIRIT OF HAPPINESS IN MY HEART AND GIVE EXPRESSION TO IT.

SOMETIMES our problems become magnified in our own eyes, and our perspective of life as a whole is distorted by the image of our self and our problems that we interpose between ourselves and whatever we give our thought and attention to.

To a great degree we determine our own happiness. Oftentimes we are not as unhappy as we think we are, but we have let ourselves get into a rut of unhappy thinking.

When our problems loom large before us, it is good to put some of our thought on other things. Often we are lifted out of our unhappy states of mind by reading a good book, by seeing a good movie. Sometimes a little thing, such as a walk down a strange street, may change our outlook for the better. The making of a garden, the study of a new subject, or the development of a neglected talent may give us the new perspective we need. Whatever helps us find a new perspective is good, for with a new perspective we are better able to view ourself and our problems objectively.

♣ *I saw a new heaven and a new earth.*—REV. 21:1.

Saturday

I LET THE INDWELLING CHRIST SPIRIT EXPRESS ITSELF THROUGH ME AT ALL TIMES AS PATIENCE AND CHEERFULNESS.

BECAUSE OF the stress of living conditions during the war and in this adjustment period following the war, many persons have acquired the habit of becoming impatient and annoyed at minor irritations. Standing in line for scarce items, riding jammed busses and streetcars, living in crowded quarters, have all contributed to the discomfort of people in general. But impatience and ill-humor only create more disorder and inharmony and do not erase the problems.

If you want your life to be happy and harmonious, let the Christ spirit of patience and cheerfulness express itself through you at all times.

The next time you are faced with a trying experience, instead of becoming impatient and irritable quietly affirm that Christ is in command of the situation and trust Him to work things out peacefully and in order. As you are patient and cheerful be assured that all things are truly working together for your good.

♣ *Let patience have* its *perfect work, that ye may be perfect and entire.*—JAMES 1:4.

THIS DAY I RISE TO MY FULL SPIRITUAL STATURE, THAT OF THE LIVING CHRIST WHO DWELLS IN THE MIDST OF ME.

BECAUSE I know that Christ is my real self, I go forth this day feeling wonderfully confident, joyous, and adequate. I let no sense of inferiority or incapability cloud my vision, for I am fully conscious of the fact that through the indwelling Christ presence I am and can do all things.

I let the glorious Truth of Christ break the bonds of limited thinking. I unfurl my wings of faith and soar high above binding beliefs of heredity, environment, and human limitations. I rise to the infinite heights of my Christ potentialities, and sing praises that I am made in God's image of life and perfection.

No matter what I need to do, Christ in me is my power to achieve. No matter how far-reaching my aspirations, Christ in me is my power to attain them. I rise to my full stature in Christ and rejoice that His presence is my power. Christ is my hope, my life, my all in all. Christ is my crown, praise the Lord!

♣ *Christ be formed in you.*—GAL. 4:19.

Monday

I AM CONFIDENT AND ASSURED, BECAUSE I KNOW THAT I HAVE WITHIN ME ALL THE INTELLIGENCE AND POWER I NEED FOR SUCCESS AND HAPPINESS.

BEFORE WE are children of earth we are children of heaven. Our environment and experience may have inclined our thinking toward limitation so that we feel insecure and inadequate, but we can always change this by understanding ourselves as children of God.

When we accept ourselves as spiritual by nature, endowed with unlimited potentialities, we see that there is no limitations to the intelligence and power that we possess. We no longer think of ourselves in terms of our human heritage alone. We feel free to let go of any concepts of ourselves and of our life that bind us.

As we depend upon the intelligence and power of God within us to inspire and guide us, we rise up in confidence and courage and live our life nobly and effectively. We reach the heights of expression that give us deep joy and soul satisfaction.

♣ *For the Lord shall be thy confidence.*—PROV. 3:26 (A. .V).

Be Faithful to Your Faith

Are there times when you feel that your faith is not sufficient because you do not seem to be demonstrating the good you desire in your life? Perhaps you are even tempted to lay aside your faith and rely wholly on material ways and means. Such a time is the time to be faithful to your faith, to be steadfast, for "according to your faith be it done unto you."

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No sorrow ever held a crocus
back.

The rigid earth revives, day
breaks; tomorrow,

Deliberate, comes down the
starry track.

—*Louise Driscoll.*